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sphere of understanding around the body in peak condition and in injury. The foundation of human existence is deeply embedded in human movement. To move is to be human, and through movement our physical form is sculpted into a representation of who we are as individuals. We invite our viewers to imagine the training and repetitions that have written themselves into the situations and contours of our subjects. Our bodies are constantly leaving evidence of the lifestyles we lead, capturing every moment of activity or inactivity in physical form. The old adage "you are what you eat" is easily extended to "you are what you do". Equally, our scars remind us of the past, and lead us down the unknown path to our futures. As you view the collection, we encourage you to take quiet notice of some of the ways you have internally embodied your own lifestyle of movement.

About the Authors

Michael is a Maine native and spends his free time in the outdoors or coaching wrestling. He has always been interested in blending the edges of different disciplines and finding uncommon vehicles for people to better understand themselves and the world they inhabit. Photography and narrative medicine for him is an opportunity to study the unique, subjective nature of the human condition.

Michael Cyr

Jordan Lamb

Jordan took an interest in photography in middle school. She is a lover of the outdoors and spends as much time as he can exploring with his camera. As a physical therapy student he believes caring for people extends beyond the treatment room and is excited to explore the impact photography can have on patient's lives.

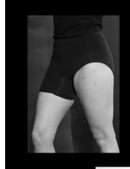
Second Photographer: Paul Eo
Supported by the UNE Graduate and Professional Student Association

Mike

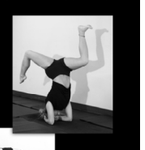
"I've been competing in powerlifting since 2004. In my first meet I weighed in at 148lbs..."

"...I think that's what really drove my initial obsession, the fact that seemingly normal people could be transformed into world caliber lifters, where that was nearly impossible with other sports..."

Meg



"I developed a love for yoga due to the practice's natural ability to elicit my curiosity between the connection of my mind and body."



2019 Left hip arthroscopy and labral repair

"I found comfort in the discomfort of the practice. It made me feel alive within my own body."

Brad & Mike

"I got into wrestling when I was five years old. I fell in love with it immediately"

Josh

"I first picked up a tennis racket when I was probably three or four...Tennis provided me with an outlet for my competitive nature, helped develop my passion for exercise, and united me with lifelong friends."

Shelly

"The first tear ended my club soccer and high school lacrosse seasons...the second tear occurred after being cleared from a concussion that afternoon. The third tear ended my senior season, collegiate athletic career, and my 15th year as a soccer player. I attribute my injuries to choosing a career in physical therapy."

2009 left ACL tear & reconstruction.
2015 Second left ACL & meniscus tear with revision
2016 Third left ACL tear and hardware removal surgery

Maya

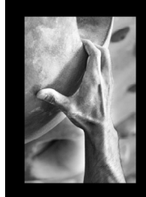
"I fell four feet while exploring the coastline of Schoppe Lake and landed directly on a rock...this third ankle injury furthered my appreciation for physical therapy as a profession and strengthened my desire to pursue this field."

Left ankle: 2012 Broström Autograft due to chronic ankle sprains
2013 Broström Allograft
Right ankle: 2015 Tri-malleolar fracture with ORIF

Paul M.

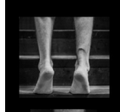
"Distance running is about having fun, helping others, challenging yourself, and not giving up."

Paul E.



"I was into Olympic weight lifting before herniating a lumbar disc. At the same time a close friend started bouldering at a local climbing gym. I got hooked right away…"

Jordan

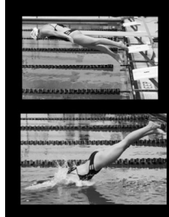


"Basketball has always been my safe haven and my outlet. Until I saw my achilles it has always provided me with happiness. Nine months after I returned to the court only to tear my meniscus and ACL... The lessons the game has taught me have provided to be invaluable as I prepare to begin my career as a physical therapist."

2017 - Right achilles tendon rupture and repair

Eleni

"I started swimming lessons before I could walk independently...It taught me responsibility, work ethic, humility, and passion."



Brent

"...Sports gave me freedom of expression..."

"Parkour taught me not only how to efficiently move in my environment, but also how to be at with being scared."

Edward